

Claims

We claim:

1) An exercise device comprising:

a base;

5 arced parallel bars having a top and a bottom end, where said top end of said bars being further from said base than said bottom end;

a seat, said seat having bottom rest and a back rest, said bottom rest having a top and bottom end and a front and back side, said back side of said bottom rest connected to said parallel bars to be capable of sliding on said parallel bars between said top and

10 bottom end;

a foot platform positioned away from said parallel bars and angled from to parallel bars so that said system is capable of imitating free weight squat motion; and

at least one tension cord capable of resisting motion of said seat away from said foot platform, said resisting cord having a top and bottom end, said top end of said
15 resisting cord connected to said seat and bottom end of said resisting cord connected to said device.

2) The device of claim 1 comprising a tension adjuster connected to between said bottom end of said resisting cord and said device, said tension adjuster capable of
20 adjusting the tension in the resisting cord whereby said resisting tension is increased or decreased.

3) The device of claim 2 having at least one damping mechanism, said damping mechanism having a top end and a bottom end, said bottom end of said device and said
25 top end connected to said seat.

4) The device of claim 3 where said damping mechanism compromises a pair of damping coils, each damping coil having a bottom and a top end, said bottom end of each coil being connected to said bottom end of each respective said parallel bar and each coil
30 encasing said bottom end of each respective said parallel bar, and said top end of each damping coil being connected to the bottom of said seat.

5) The device of claim 4 where said back rest having a front and rear side, said front said being positioned at a substantially obtuse angle from said front side of said bottom rest of said bottom rest.

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6) The device of claim 5 having a pair of handles being on opposed sides of said bottom rest, each handle having a top and bottom end, each bottom end of said handle being connected to said bottom rest.

10 7) The device of claim 6 having a pair of break pads, each of said break pads connected to the respective bottom end of said handles, said handles being capable of rotating between the bottom of said seat rest and each of said parallel bars so that said break pads being capable of compressing against each of said parallel bars.

15 8) The device of claim 7 comprising:

a pair of tension cords capable of being gripped, said grip cords having a bottom and top end, said bottom end of each grip cord being connected to the bottom of said foot platform; and

a pair of handles, said handles being at the respective top end of each grip cord.

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9) The device of claim 8 where the foot platform being capable of forward and backward adjustment.

10) An exercise device comprising:

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a base;

arced parallel bars having a top and a bottom end, where said top end of said bars being further from said base than said bottom end;

a seat, said seat having bottom rest and a back rest, said bottom rest having a top and bottom end and a front and back side, said back side of said bottom rest connected to said parallel bars to be capable of sliding on said parallel bars between said top and bottom end;

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a foot platform positioned away from said parallel bars and angled from to parallel bars so that said system is capable of imitating free weight squat motion;

at least one tension cord capable of resisting motion of said seat away from said foot platform, said resisting cord having a top and bottom end, said top end of said
5 resisting cord connected to said seat and bottom end of said resisting cord connected to said device;

a tension adjuster connected to between said bottom end of said resisting cord and said device, said tension adjuster capable of adjusting the tension in the resisting cord whereby said resisting tension is increased or decreased;

10 at least one damping mechanism, said damping mechanism having a top end and a bottom end, said bottom end of said device and said top end connected to said seat;

said damping mechanism comprises a pair of damping coils, each damping coil having a bottom and a top end, said bottom end of each coil being connected to said bottom end of each respective said parallel bar and each coil encasing said bottom end of
15 each respective said parallel bar, and said top end of each damping coil being connected to the bottom of said seat;

said back rest having a front and rear side, said front said being positioned at a substantially obtuse angle from said front side of said bottom rest of said bottom rest; and

a pair of handles being on opposed sides of said bottom rest, each handle having a
20 top and bottom end, each bottom end of said handle being connected to said bottom rest;

a pair of break pads, each of said break pads connected to the respective bottom end of said handles, said handles being capable of rotating between the bottom of said seat rest and each of said parallel bars so that said break pads being capable of compressing against each of said parallel bars;

25 a pair of tension cords capable of being gripped, said grip cords having a bottom and top end, said bottom end of each grip cord being connected to the bottom of said foot platform;

a pair of handles, said handles being at the respective top end of each grip cord;
and

30 said foot platform being capable of forward and backward adjustment.